



CVR NEWSLETTER

March - April 1983

Vol. 4, No. 2



Newsletter Editor Wanted

At the recent Annual Meeting Bob Murphy announced his retirement as Newsletter Editor at the end of this year. Please contact Bob if you're interested in the job, and you and he can probably work something out over the next few months to ensure an orderly transition from this year to the next with a minimum of trauma. Bob says that the Editorship can be as easy or as demanding as you'd like to make it. Qualities most necessary for the job are enthusiasm, self-discipline (show me a runner who doesn't have that!) and being well-organized.

DEADLINE

Deadline for submissions for the May Newsletter is 30 April. Race listings, results, articles, poems, etc. are all accepted. All the news that fits, we print.

SPECIAL NOTICE!

Dues are due and may be sent to Roger Whitcomb, CVR Treasurer, 6 Tracy St, Montpelier, VT 05602. 1983 dues are \$4 for the first member of a household, and \$1 for each additional member from the same household. Please pay by 30 April to ensure your continuing receipt of this fine Newsletter!

MEMBER DISCOUNTS

Present your membership card at the following establishments and receive discounts on running gear as indicated.

Miller Sports, Montpelier -
10 % off running shoes

Downhill Edge, Burlington -
15% off running equipment

RACE RESULT

Congratulations are due Mike Mason. He finished the Miami Marathon on 22 Jan in a fine time of 2:48!

WELCOME TO NEW MEMBERS!

Stephen Roy, Graniteville
Jo-Ann Beaudin, Montpelier
Bryan Shanley, Morrisville
Richard Shanley, Morrisville

CVR MEETING

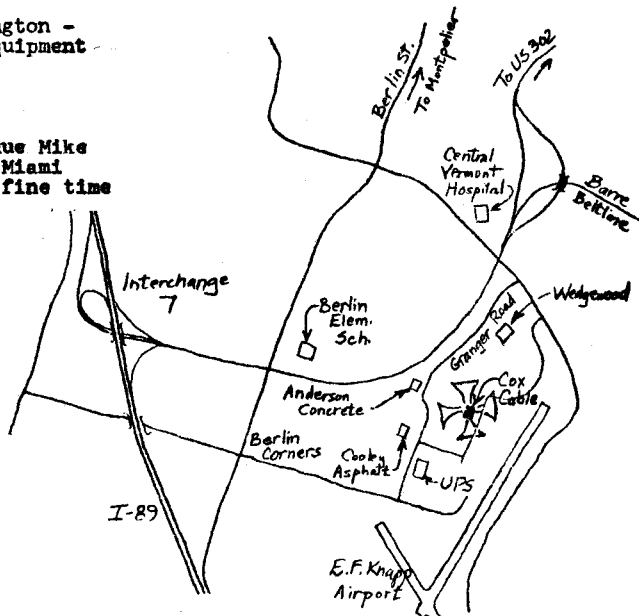
6 April 1983

Wednesday

7pm

at Cox Cable

in Berlin



BRATTLEBORO WINTER CARNIVAL 15K

Home-town favorite Jon Dimick ran away from a field of 120 or so, and took the fourth annual Brattleboro 15 km road race in 43:09. The race is part of week-long Winter Carnival festivities that included everything from breakfasts to ski jumping. Finishing second to Dimick was Tim Eno in a distant 49:45; while Walt Chadwick was third in 49:51.

Our own Bob Murphy ran a strong first race of the year by finishing 15th overall and second in the masters division with a 58:31. He came home with a beautiful engraved plaque and handsome long sleeve sweatshirt. Bellows-Falls native Russ Pickering won the masters for the fourth year in 56:12. Patricia Swim won the women's race in 61:13, another easy win over Diana Smith in 64:46. Another note of the greatest importance was my own 56th place finish with a time of 67:18.

The course was one of the hilliest and toughest courses I've been on. A tough hill less than two miles into the race spread the field early. This hill was especially tough after an easy downhill at the start. Another series of hills from 3-4 miles were nothing compared to a mile long mountain that finished at 6 miles. The race was a continual up one side, down the other for 7 miles before finishing relatively fast.

By far the two best things about the day were the weather- a fine sunny 40 degree day with little wind; and the homemade beef stew. As part of the \$3.00 entry fee all racers received a free beef stew lunch after the race. All others got the meal for only \$1.00. The piping hot stew was a perfect ending touch to the race day. That plus a quick stop for a hot-fudge sundae on the way home.

Nora Robinson

ANNUAL MEETING REPORT

Neither rain, nor snow, nor threat of sliding off North Street, kept members of CVR from their annual meeting at Darragh Ellerson's home on January 23. You all will be glad to know that Darragh is home and looking good after her operation. Four hardy fools (er, folks), consisting of Jeff Shutak, Merrill Cray, Kim Maloney, and Joanne Fortier braved the sleet and rain to log a few miles prior to the gathering, while the rest of us stayed toasty warm next to the fire.

Darragh opened the meeting by asking for the Treasurer's report. Bob Murphy read a report prepared by Roger Whitcomb who was ill and unable to attend. The highlights showed a balance of \$268.10 currently standing. 1982 showed expenses of \$1,689.02 and deposits of \$1,699.73 for a net gain of \$10.71. Roger noted that the main expenses were the printing of the newsletter - \$329 and tee-shirts at roughly \$165. Also noted was the fact that money from dues didn't cover expenses and that only a successful 10 miler and money from the fun runs kept CVR afloat in 1982.

Because of this fact, and anticipated higher expenses, members decided reluctantly to increase renewal dues to \$4 and keep new memberships at \$7. New memberships were not increased, so not to discourage new runners from joining the club. We felt this would take some of the pressure off the 10 miler and fun runs and enable the club to purchase a new stopwatch and possibly a bullhorn. Two items that are desperately needed. Bob Murphy noted that newsletter expenses alone now run at \$3.50 to \$4.00 per household a year.

Election of officers showed Darragh re-elected for a second year as President, and Jeff Shutak also re-elected as Vice President; Roger Whitcomb will be Treasurer again, and Norm Robinson will be Secretary.

In other business, October 1 was unanimously selected for a charity couples race around Berlin Pond. The charity will be selected at a later date. Last year's race director, Wade Walker, noted that expenses (i.e. tee shirts) cut into charity money and perhaps tee-shirts should be dropped and run the race with zero expenses, so more can be donated. This was enthusiastically endorsed by the members present. 1983's race will be co-directed by Wade and Merrill Cray.

In other race news, mark June 25th down as the date for the Montpelier 10 miler. Also, a new event this summer - the first annual 12-hour relay! Race directors will be Merrill, Darragh, and Norm. Hopes are to run the event on Saturday, August 13 from 8:00 a.m. to 8:00 p.m. at Montpelier High School track, if they are willing to donate the facility. A good meal and fun afterwards will top off the day if all goes well. We'll let you know more as time progresses.

It was decided to ask for volunteers for monthly fun run directors to ensure smooth running Tuesday events. September and October are open if anyone is interested!

One final note, Bob Murphy has notified the club that this will be his last year as newsletter editor. This is Bob's sixth year, I believe, and he has done a superb job. If anyone wants to take over this chore, let Bob or Darragh know.

After the business meeting we destroyed a pot-luck dinner that would put any meal to shame. To cap off the afternoon, Merrill showed a film of a Ride-and-Tie race out west. For those uninitiated with such an event, (I was until after the film), it consists of two runners and a horse. This particular race was 36 miles through brush, dense woods, and rutted fields. The race starts with one person riding the horse to a pre-determined distance, stopping and tying the horse. He/she then takes off down the trail running. His/her partner starts the race running and comes up to the tied horse and rides to the next stop, passing the partner along the way. This continues, one riding and passing the partner the other catching up and taking the turn on the horse. The first complete team to finish wins.

Merrill has run two such adventures, and she says a 24-hour relay is tough!

Well that's it! Good luck in '83 and see you on the roads.

NORM ROBINSON

RACE SCHEDULE: (*) indicates that I have entry blanks. Please send SASE when requesting entry blanks from me (Bob Murphy, RD3, Barre, VT 05641) or from race directors listed.

- 20 Mar - Schenectady to Albany, NY - 30km Chopperthon, 10am, \$6, entries until 19 Mar; no post entries. Peter Benoit, 30 Woodlake Dr, Albany 12203 (518-456-7271)
- 21 Mar - Westford, VT - Kaynor's Sap Run, 6mi, noon, Kaynor's Sugar House, Donna & Chapin Kaynor (879-7483)
- 2 Apr - Plattsburg, NY - Diet Pepsi 10km, noon, Cumberland Head School, no post entries. Terry Gordon, 11 Pleasant St, Plattsburg 12901 (518-563-0693)
- * 10 Apr - Boston, MA - Milk Run, 10km, 11am, \$5 until 3 Apr; \$8 post. \$5000 prize money. John McGrath & Co, 187 North St, Boston 02113 (617-523-0734)
- 16 Apr - Burlington(?), VT - "Take it out on the road" 5km, \$5. No other info.
- 17 Apr - Swanton, VT - Sap Run, 8.4mi, 11am, Village Green. Endurance Sports, 82 Main St, St. Albans, VT 05478 (524-4685)
- 18 Apr - Boston, Ma - BAA Marathon, entries closed.
- 23 Apr - Williston, VT - Spring Women's Run, 3.3mi, 11am, Central School. Ruth Painter (878-3048)
- 23 Apr - St. Johnsbury, VT - 2mi & 10km, Sal DeMaio.
- 1 May - Essex Ctr, VT - Trollheim Spring Opener, 3.1mi, 11am, Trollheim, Sleepy Hollow Rd; Al & Sally Duval (899-3398)
- 1 May - Bennington, VT - 10km (442-5900)
- 7 May - Johnson, VT - Spring Road Race, 5.5mi, 11am, Johnson State Carter Gym, Peter Kramer (635-2356) Ext. 212

- 7 May - Nashua, NH - Pepsi Challenge 10km, 9am, \$5, \$6 post. Phil Quinn, Gate City Striders, 22 Indiana Dr, Nashua 03060 (603-889-1034)
- 14 May - Essex Ctr, VT - GMAA Half Marathon, 9am, Chapin Rd, Larry Kimball (878-5555) or Ken Austin (862-3010)
- * 29 May - Kennebunk, ME - Maine Coast Marathon, 7am, \$7 by 15 May. Limit 1000 entries. Dick Roberge, Box 726, Saco, ME 04072 (207-284-8401)
- 19 Jun - Greensboro, VT - Caspian Lake Runaround, 7mi, 10:30am, Public Beach. Wiz Dow (472-6254)
- 25 Jun - Plattsburg, NY - Champlain Valley Marathon, 7am. No post entries. Terry Gordon, 11 Pleasant St, Plattsburg 12901 (518-863-0639)
- 25 Jun - Montpelier 10-Mile Road Race, 1983 WERRC Championship, 10:30am, Montpelier HS, Montpelier Recreation Dept, Montpelier 05602 (223-5141)
- 4 Jul - Worcester, VT - Worcester United Methodist Church 5Km Road Race, 10am, \$1 (50¢ under 18), Bob DeKange, Box 4800, Worcester, VT 05682 (223-6421)
- 9 Jul - Montpelier, VT - Howard Bank 10Km Race, 9:30am, Lorraine Erislin, c/o Howard Bank, Montpelier 05602 (223-5203)
- 20 Aug - So. Hero, VT - Green Mountain Island Marathon, 8am, Folsom School, preregistration required by 7 Aug, Leighton Walker, 2 Redwood Terrace, Essex Jct, VT 05452 (878-2322)
- 18 Sep - Greensboro, VT - Caspian Foliage Run, 7mi, 10:30am, public beach. Anne Batten (472-6066)
- † Oct - Berlin, VT - Berlin Pond Couples Race, 6mi.

National Running Data
 Center
 Box 42888
 Tucson, AZ 85733

CENTRAL VERMONT RUNNERS
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 1983
 Address - Correction Request
 USE ZIP CODE
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 20¢